



# HARMONY

The Official Newsletter of ATMA Foundation  
...Happy Living with Healthy Relationships...

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## Volunteer of the Month

# Congratulations!



Smt RADHIKA MOHAN



Our love and gratitude to our beloved RANI CHECHI .. for her amazing commitment to FUNDRAISING for the noble causes that ATMA stands for.. Rani chechi has shown exemplary volunteering spirit, reaching out to individual and corporate donors, and achieving superb results !

### Proud of You!!



**Ms Sreelakshmi P R**, our senior child of ATMA Gurukulam, has received the Junior Research Fellowship for reserach in Social Work. She is currently pursuing PhD at the Central University of Kerala

### All the Best!

**Ms Saranya S** of ATMA Gurukulam has joined the BNYS course at the SDM College of Naturopathy & Yogic Sciences, Dharmasthala. The ATMA Family wishes her luck as she starts this journey!



## FOUNDER'S MESSAGE

Blessed Self, Salutations!!

It was indeed a happy moment when our child Sreelakshmi qualified the UGC exam for Junior Research Fellowship.



It had been our dream, when we started the ATMA Gurukulam 12 years ago, that our children should reach the pinnacle of academic and career success. Sreelakshmi's achievement is a testimony to our efforts in this direction. Another child Saranya, is all set to start her course - Bachelors in Naturopathy & Yogic Sciences at the reputed SDM college at Dharmasthala. May God Almighty enable her to come out in flying colours!

On Deepavali day, when people usually bring home new vehicles, ATMA Family celebrated by providing two-wheelers to 29 working women at a subsidised price. We are grateful that we had this opportunity to bring so much joy to so many households.

In October, we also had the opportunity to attend as well as conduct workshops for building the capacity of service organisations to be ready for the future. ATMA is taking a lead in helping other NGOs too in this journey.

My special thanks and love to our beloved Rani Chechi, for her wonderful support to our ATMA Team, in mobilising resources for our good work. Requesting all ATMA volunteers to take her as a role model!!

Love,

C.K Suresh



# Social Innovation Summit



ATMA Foundation provided training support for the Social Innovation Summit organised by Aavishkar LLP at Kadampazhipuram, Palakkad District, for capacity building and development of NGOs. The ATMA Team consisting of Sri C K Suresh, Ms Parvathy G and Ms Sangeetha conducted sessions on topics like NGOs for the Future, Compliance, Resource Mobilisation, Enhancing Digital Presence, etc. The program was attended by 60 delegates from different NGOs and CBOs across Kerala.

## Workshop on Social Stock Exchange

Sri C K Suresh, Ms Parvathy G and Ms Sangeetha N participated in the workshop on Accelerating Social Impact with Social Stock Exchange, organised by the National Stock Exchange on 5th October at Kochi. The workshop offered deep insights on how the Social Stock Exchange can benefit Non Profit Organisations.

## Women on Wheels



On 31st October, during a vibrant Deepavali celebration at the ATMA Foundation office in Thrissur, 29 women were provided with Yamaha or Honda two wheelers, as part of the 'Women on Wheels' program. This initiative, in collaboration with the NGO Confederation, provides a 50% subsidy on two-wheelers to support deserving working women, increasing their independence and ease of mobility. Seeing their radiant smiles as they received their new wheels filled our hearts with joy, and we are grateful to be part of their journey to empowerment. The function was graced by the presence of Sri Safeer, Secretary, National NGOs Confederation, Thrissur and Fr Jose , Santhwanam Charitable Trust.



# ATMA Gurukulam



As part of Navaratri celebrations, the children at ATMA Gurukulam created a beautiful Bomma Kolu and did Pusthaka Pooja on Vijayadashami day to honor learning and knowledge. The ATMA Family joined the children for the celebration, with a special get together.

The children showcased their talents with bhajans, a Dandiya dance, and a yoga performance. ATMA volunteers also participated in the performances. The celebration concluded with everyone joining in a lively Garba dance, followed by a delicious lunch, bringing the entire ATMA family together in joy and unity.

# ATMA Uyare

In October, Uyare conducted 66 sessions for the children. In addition to regular online tuitions, Uyare offers classes covering foundational subjects such as English and Mathematics, providing essential academic support to help children strengthen their learning.

# ATMA DAFEC



The ATMA Digital and Financial Empowerment Center (DAFEC) conducted classes in Ollukkara and Anthikad, benefiting over 260 individuals, including Anganwadi helpers and ICDS supervisors.

Currently, 30 students are successfully attending computer classes at the ATMA - Apni Pathshaala Live Pod located at the ATMA office premises, bringing the total number of students served to 135.

Additionally, ATMA DAFEC is providing free computer classes for children at Namboothiri Vidyalayam. This month, two classes were conducted, resulting in a total of nine classes for the students at NVUP School.

On October 29, 2024, ATMA DAFEC expanded its reach by introducing computer classes at the Government Upper Primary School in Olarikkara. The programme was inaugurated by Sri. Sreelal Sreedhar (Division Councillor), with Sri C K Suresh as the Chief Guest. 51 students, their parents, and teachers attended the inaugural function.

## ATMA SPC



The ATMA SPC, with the support of social work interns from Rajagiri College of Social Sciences, organized an awareness session on the Domestic Violence Act at St. Thomas College, Thrissur. The session was conducted by Adv. Gayathri T D and Ms. Masleeha Majeed , and was attended by over 20 students.

## ATMA FCC & CADC

14 Families received help from ATMA Family Counseling Center & Child and Adolescent Development Centers in Thrissur and Palakkal this month .

## ATMA RADC

5 social work students from Christ College, Irinjalakuda and Rajagiri College of Social Sciences, successfully completed their internship at ATMA Foundation in October.

## Community Health Programme



As part of our Community Health initiative, an awareness session on "Health, Nutrition, and Associated Diseases" was held at Prateeksha Anganwadi near Thiruvambadi Temple, in collaboration with Rajagiri College of Social Sciences, and led by Dr. Minisha Rahiman from Jubilee Mission Medical College.

## Support from Inner wheel Club



Our sincere gratitude to the Inner Wheel Club of Trichur for their regular support to ATMA Foundation, especially for our initiatives to empower women & girls.

# Family Get together



This month, we enjoyed two memorable family gatherings. The first was on October 11th, during Durgashtami, held at Atma Gurukulam. The second was on October 31st, celebrating Diwali at the Atma office premises. Both occasions brought ATMA family together in joyful celebration.

**DON'T  
FORGET!**

## UPCOMING EVENTS

**2024 November**

### **Training for Women Entrepreneurs on Environment Friendly MUSHROOM CULTIVATION**

**Batch 1 @ ATMA Foundation Office, Paliyam Road  
Batch 2 @ Nila Seva Samithi, Mayannur**

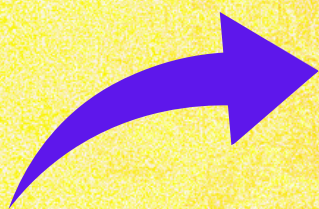
**For details, contact: 8330010040**

**2025 January 10th - 12th  
@ Thrissur**

### **ATMA Social Impact Conclave**

**A Confluence of Stakeholders in  
the Development Sector**

**Support Us.  
Volunteer.  
Donate.**



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to make your contribution



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